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A method and device for controlling the phase of successively transmitted frames, in which data symbols are transmitted at a constant symbol frequency, in which a phase difference between the clock of the frame transmission and a data clock is determined and, dependent on the phase difference, an adjusting signal is produced for controlling the injection of stuffing data symbols into the frames for changing the frame length and the phase of the frame transmission, whereby the phase of the frame transmission is controlled so that the frames are transmitted on average synchronously with the data clock, wherein the adjusting signal is produced dependent on the phase difference determine from N frame in each successively transmitted, whereby N is at least 2.